

Quest for the Best - Protein Nut Butter

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
<u>Nuts 'n More High Protein Peanut Spread - Birthday Cake</u>	8 This tastes like you're eating frosting, complete with sprinkles! It's a little sweeter than I would prefer but I basically can't stop eating it.	10 Nuts 'n More has the best texture of any of the protein nut butters I've tried. It's almost exactly like peanut butter (although this one has granules of sugar you crunch down on which is interesting).	<i>Per 33 g (2 T) serving:</i> 179 cals 11 g protein 11 g fat 12 g carbs (2 g fiber, 7 g sugar, 3 g sugar alcohol)	Peanuts, whey protein isolate, cane sugar, cocoa butter, sprinkles (sugar, corn starch, palm oil & palm kernel oil, dextrin, soy lecithin, colored with turmeric, confectioner's glaze, carnauba wax), natural extract, sea salt	14 flavors: Birthday Cake, Almond Butter, Chocolate Almond, Chocolate Maple Pretzel, Chocolate Peanut, Cinnamon Raisin, Cocoa Hazelnut Spread, Coconut Peanut, Cookie Butter, Peanut Butter, Pumpkin Spice, Salted Caramel, Toffee Crunch, White Chocolate	\$11.48 / 16 oz jar = \$0.82 per serving	Nuts 'n More has done a great job with such a variety of flavors of their protein nut butters. I highly recommend giving these a try!	
<u>No Cow Peanut Fluffbutter - Chocolate S'mores</u>	9 Wow! It really does taste like s'mores... lots of chocolate, some marshmallow and not much peanut buttery-ness despite the first ingredient being peanuts.	8 Very slight grittiness but otherwise a great consistency.	<i>Per 32 g (2 T) serving:</i> 190 cals 10 g protein 14 g fat 7 g carbs (2 g fiber, 1 g sugar, 1 g sugar alcohols)	Peanuts, Protein Blend (Brown Rice Protein, Pea Protein), Organic Canola Oil, Xylitol, Peanut Flour, Palm Oil*, Cocoa Processed With Alkali, Natural Flavor, Salt, Monk Fruit, Stevia. *Sustainably Sourced	7 flavors: Brownie Batter, Chocolate S'mores, Cocoa Glazed Cinnamon Roll, Gooey Bananas Foster, Salted Caramel Sundae, Vanilla Maple Frosting White Chocolate Mousse	\$9.49 / 10 oz jar = \$1.05 per serving	All of these peanut fluffbutter flavors are also available in almond fluffbutter.	
<u>Angry Mills Caffeinated Protein Infused Peanut Spread - Chocolate Craze</u>	7 There's not a ton of chocolate flavor to this spread, but it's not bad.	7.5 It's got a slight grittiness and tends to dry your mouth out. Make sure to stir it well whenever you want to get a spoonful, because it separates.	<i>Per 34 g (2 T) serving:</i> 180 cals 12 g protein 12 g fat 9 g carbs (2 g fiber, 5 g sugar, includes 4 g added sugars)	Peanuts, Chocolate Wafers (Sugar, Chocolate, Cocoa Butter, Soy Lecithin, Natural Flavor), Whey Protein, Rice Protein, Canola Oil, Powdered Sugar (Sugar, Cornstarch), Palm Oil, Less than 2% of: Salt, Caffeine	5 flavors: Caramel Peanut Spread, Chocolate Chaos Almond Spread, Chocolate Craze Peanut Spread, Honey Gram Cracker Peanut Spread, Wicked White Chocolate Peanut Spread	\$13.99 / 12 oz jar = \$1.39 per serving	This spread is a little unique because it contains 40mg of caffeine per serving. It actually has a warning on the label that says to start with only 1 tsp in order to judge your tolerance! They have non-caffeinated versions as well.	
<u>P28 Foods High Protein Spread - Peanut Butter</u>	8.5 Looks like peanut butter, smells like peanut butter, tastes like peanut butter. It could use a touch of salt but otherwise delicious.	9 Feels like normal peanut butter for the most part, but a little too sticky at the end.	<i>Per 42 g (2 T) serving:</i> 250 cals 14 g protein 19 g fat 6 g carbs (2 g fiber, 2 g sugar)	Dry Roasted Peanuts, Whey Protein Isolate, Natural Sweetener (Xylitol)	6 flavors: Almond Butter Apple Crisp Banana Raisin Caramel Turtle Peanut Butter White Chocolate	\$10.35 / 16 oz jar = \$0.65 per serving	For the same size serving, you end up with a significantly higher calorie count than some of the front runners on this list. That's why I bumped it down a spot or two below where it would have been based on taste and texture alone.	
<u>Buff Bake Protein Peanut Spread - Chocolate Chip</u>	6 The chocolate flavor isn't very strong and it's not quite sweet enough.	5 Not excessively gritty, but very sticky while simultaneously being a little runny for nut butter.	<i>Per 38 g (2 T) serving:</i> 200 cals 11 g protein 16 g fat 10 g carbs (3 g fiber, 4 g sugar, includes 3 g added sugars)	Dry Roasted Peanuts, Hormone-Free Whey Protein (rBGH Free Whey Protein Concentrate, Unsweetened Cocoa, Natural Flavor, Less Than 0.1% Lecithin & Stevia), Chocolate Chips (Unsweetened Cocoa, Cocoa Butter, Vanilla, Less Than 0.1% Soy Lecithin), Organic Coconut Sugar, Unsweetened Cocoa, Organic Virgin Coconut Oil	10 flavors: Peanut Butters: Chocolate Chip Cinnamon Raisin Cookie Dough Red Velvet Rocky Road White Chocolate Almond Butters: Birthday Cake Coffee Bean Cookie Snickerdoodle	\$9.49 / 13 oz jar = \$0.95 per serving	Buff Bake is widely available now in grocery stores, nutrition/supplement stores, and Amazon of course. As you can see in the picture, you can snag sample sizes to try it out before committing to a full jar.	

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
Wild Friends Protein+ Chocolate Peanut Butter	5 There's not a lot of chocolate or peanut flavor here.	6 A bit gritty and little too thick for my liking.	<i>Per 32 g (2 T) serving:</i> 170 cals 12 g protein 16 g fat 7 g carbs (2 g fiber, 3 g sugar)	Roasted Peanuts, Whey Protein Isolate, Organic Dark Chocolate [Cane Sugar, Cocoa Liquor, Cocoa Butter], Peanut Oil, Organic Vanilla, Sea Salt	<i>3 flavors:</i> Chocolate Peanut Butter Vanilla Peanut Butter Vanilla Almond Butter	\$11.66 / 10 oz jar = \$1.30 per serving	There are only 3 protein flavored nut butters from this company, but they make a ton of other flavors that don't have protein.	
Muscle Butter Cashew + Coconut Spread - Birthday Cake	6 I tried 4 different flavors and I liked this one best, although there's really not a ton of birthday cake flavor.	3 Very gritty. To the point that it's almost like getting toffee stuck in your teeth. The saving grace is the sprinkles on top.	<i>Per 31 g (2 T) serving:</i> 180 cals 10 g protein 13 g fat 8 g carbs (<1 g fiber, 3 g sugar)	Cashews, Whey Protein Isolate, Palm Shortening, All Natural Sprinkles, Coconut, Coconut Sugar, Coconut Oil, Vanilla Extract	<i>10 flavors:</i> Muscle Butters: Birthday Cake, Carrot Cake, Glazed Donut, Jelly Donut, Sugar Cookie, White Chocolate Churro Muscle Frostings: Chocolate Chip Cookie Dough, Cookies n' Cream, Death by Chocolate,	\$13.99 / 12 oz jar = \$1.27 per serving	I really wanted to like this brand because the sprinkle/chocolate chip layer on top is just so enticing. I just couldn't handle the texture, but if you're a crunchy nut butter kind of person, you might like it.	
Grenade Carb Killa Protein Spread - Milk Chocolate	3 Honestly, I don't understand what this flavor is. It is most definitely not milk chocolate...it's got a fake taste and I really couldn't make out any chocolate in there.	6 I had really high hopes for this spread when I saw how smooth and creamy it was in the jar. Unfortunately, that creaminess did not translate to a heavenly experience in my mouth...once it hit my tongue, it just kind of stuck there and dried out my mouth.	<i>Per 33 g (2 T) serving:</i> 170 cals 7 g protein 13 g fat 12 g carbs (<1 g fiber, 2 g sugar, includes 0 g added sugar, 9 g sugar alcohols)	Vegetable Oil (Rapeseed Oil, Sustainable Palm Oil), Maltitol, Whey Protein Concentrate, Skim Milk, Low Fat Cocoa, Sunflower Lecithin, Natural Flavors.	<i>3 flavors:</i> Hazel Nutter Milk Chocolate White Chocolate	\$10.63 / 12.7 oz jar = \$0.97 per serving	This isn't actually a nut butter, but it's a spread that you'll find in the same place as the protein nut butters. I was honestly pretty disappointed with this one...I had been wanting to try it for a while because it looks so dang good (it rolled out in the UK before the US) but it just didn't deliver.	
Naturally More Peanut Butter Spread with Protein	6 This one tastes like a pretty normal peanut butter, albeit a very low sugar version.	3 I think the chunks in this peanut butter are flax seeds but it's kinda weird...it's also very runny and really sticky in your mouth.	<i>Per 32 g (2 T) serving:</i> 170 cals 10 g protein 13 g fat 6 g carbs (2 g fiber, 3 g sugar)	All Natural Roasted peanuts, sprouted brown rice protein, pea protein, peanut oil, flax seeds, evaporated cane juice, sea salt, molasses	<i>1 flavor:</i> Peanut Butter	\$8.49 / 16 oz jar = \$0.61 per serving	This is their only version with protein, but they also have Almond Butter with probiotics and flax and a Chocolate Hazelnut	
gButter High Protein Low Calorie Spread - Peanut Butter Cup	3 I could get a hint of peanut butter and chocolate in this butter, but it was extremely salty and fake tasting.	4 This was like a very strange goop... definitely not your average nut butter and there were little chunks of what seemed like nuts that had been soaking in water for a while.	<i>Per 40 g (2 T) serving:</i> 120 cals 12 g protein 5 g fat 5 g carbs (2 g fiber, 1 g sugar, includes 0 g added sugar)	Peanuts, cashews, 10 0% ultra-filtered whey isolate protein, safflower oil, cocoa erythritol, stevia leaf extract	<i>8 flavors:</i> Birthday Cake Brownie Batter Cookie Dough Cookies and Cream Peanut Butter Cup Pumpkin Spice Sugar Cookie White Chocolate	\$12.99 / 12.6 oz jar = \$1.44 per serving	You can also microwave this nut butter and turn it into a little "brownie"...I tried it out and it was nothing like a brownie and still tasted gross.	

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